



## SAMPLE MATERIAL

### Two Mindsets

Graphics by Nigel Homes based on research by Carol Dweck

**Topic:** Encouraging Girls in Math and Science

**Practice:** Ability is Expandable

This diagram contrasts two mindsets of students with respect to the way they respond to challenge, success, failure, and criticism. Students with a fixed mindset have a tendency to avoid challenges, give up easily in the face of obstacles, ignore feedback, and feel threatened by the success of others. In contrast, students with a growth mindset embrace challenges, persist in the face of obstacles, see effort as a path to learning mastery, learn from criticism, and feel inspired by the success of others. This visual aid can be used in the classroom to remind students that they can decide what mindset they would like to follow, and how important a mindset is to their academic success.

